

# Spectrum



(Left on top) Staff Sgt. Edgar Lozada attempts to break the guard of Pfc. Joshua Scruggs as a course instructor, Spc. Nathan Regendanz, offers close supervision and advice to ensure proper techniques are used. (Below) Hands squeeze, pull and twist as trainees grapple for controlling position during the combatives training.



Photos by Staff Sgt. Christopher Fincham



Sgt. Mathew Vanderlugt works to secure the arm of Pfc. Nathan Urban while attempting to execute a side-arm bar from the mount.

## Army combatives program prepares Warriors

# Hands-on training

**Staff Sgt. Christopher Fincham**  
*116th Military Intelligence Group Public Affairs*

One of the basic concepts of the Modern Army Combatives Program and the defining characteristic of a warrior is the willingness to close the distance with an enemy.

With that concept in mind, eight Soldiers from the 116th Military Intelligence Group and 206th Military Intelligence Battalion learned basic Brazilian Jiu-Jitsu techniques and how to close the distance, gain dominant position, and finish the fight during the unit's first Skill Level I Combatives Certification class, April 21-25.

During the course, Soldiers learn about the basic ranges of combat and how to understand fight strategy, as well as how to control and neutralize an opponent using fundamental Brazilian Jiu-Jitsu techniques.

"We teach them some basic ground grappling techniques," explained Sgt. Jeffrey Taylor, a military police officer and the 116th MI Group's combatives instructor. "This gives them confidence that if they were actually engaged in a hand-to-hand combat fight, they would have these skills to fall back on."

Working at a "crawl, walk, run" pace, the Soldiers gradually go from step-by-step learning to full-blown grappling for position or submission. Then the clinch drill, one of the final steps to become certified, serves to reinforce the defining characteristic of a warrior.

After four full days of training, the Soldiers are faced with an opponent sporting 16 oz. boxing gloves whose sole mission is to punch them. Meanwhile, the Soldiers must show the willingness to close the distance with their

opponent and the ability to achieve a clinch to stop the onslaught of blows – four separate times.

"In the kind of combat that we're involved in now, we're not sitting in fox holes," said Taylor. "We're kicking in doors and up close and personal with the enemy. If your weapon goes down, your hand-to-hand combat skills may be all you've got."

Designed to build real combative ability, the Modern Army Combatives Program uses realistic training methods in an effort to grow self-sustaining combatives programs within units and organizations.

The intent is for these newly-trained Skill Level I Soldiers to be able to take back what they've learned to the Soldiers in their units.

"The goal is to have a certified Skill Level III Soldier at the battalion level who would oversee the Skill Level II's at company level and then have Skill Level I Soldiers instructing at the platoon level," Taylor said.

While certified Skill Level I Soldiers are expected to be able to teach others what they've learned, the training is simply giving a Soldier the basics. The techniques and strategies for one-on-one unarmed fighting that are learned at this level are simply building blocks, according to Taylor.

"They're instructors now, but level one is just an overview – one piece of the Modern Army Combatives Program," Taylor said.

After having completed one class, Taylor looks forward to getting more participation from Soldiers as well as any other service members interested in the training.

For more information contact Taylor at (706) 791-5250. Some information for this article was gathered from FM 3-25.150, Combatives



The action is fast and furious and the punches are real as Sgt. Michael Stephens attempts to close the distance on Sgt. Jason Armour during the clinch drill.